

Fruit Slush¹⁵

Number of Servings: 15 (110.61 g per serving)

Amount	Measure	Ingredient
1/2	cup	Juice Drink, lemonade, white, fzn conc
2.00	cup	Pineapple, crushed, cnd, w/juice
1 1/8	cup	Strawberries, unswtnd, fzn, thawed
2.00	cup	Mandarin Oranges, cnd, w/light syrup
1 3/4	cup	Banana, fresh, slices

Nutrients per serving

Nutrition Facts	
Serving Size (111g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 6%	Vitamin C 30%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Place first 3 ingredients in a mixing bowl and, using an electric mixer, mix until slushy. Gently mix mandarin oranges and sliced bananas; fold into slush mixture. Place in pans with slush mixture approximately 1" thick. Cover with plastic wrap. Freeze overnight.

Remove from freezer 1 1/2 hours prior to serving. Cut into # of portions to equal the yield of the recipe.

To serve, use a #8 scoop and dish up 1 level scoop (1/2 c) per serving. Place in small dessert bowls or monkey dishes.

1 serving = 1/2 cup = 1 #8 scoop

1/2 c. serving = 1 1/2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Storing :

- If frozen, store at an internal temperature of -10 - 0 F.